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ZOMBIE LOVE
WORLD'S FIRST 'ROM-ZOM-COM' READY TO DEBUT {page 16}

HUSKY, NOT FAT?

MAYBE IT'S TIME WE USED THE F-WORD WITH OUR KIDS {page 20}

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Monday, February 6, 2012
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News worth sharing.

ROB CARR/GETTY IMAGES

Another Gigantic win

- Late-game rally pushes New York Giants to 21-17 victory over New England Patriots in Super Bowl XLVI
- Eli Manning earns second Super Bowl MVP award {page 25}

▶ Eli's da Manning: Quarterback Eli Manning of the New York Giants hoists the Vince Lombardi Trophy on Sunday after the Giants won their fourth Super Bowl title. The team beat the New England Patriots 21-17 in a closely fought battle.

Study

Cost of poverty

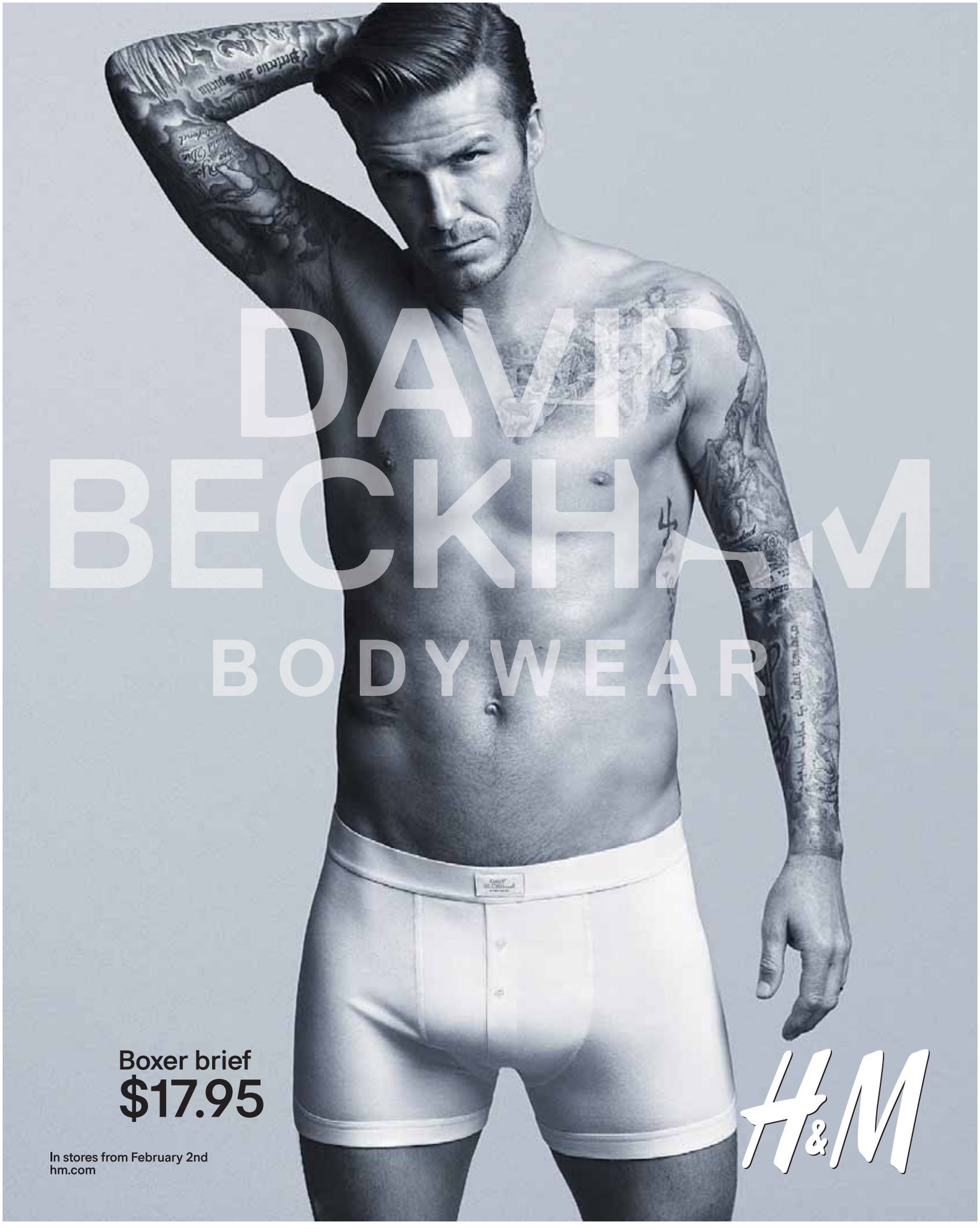
Poverty hits not just the poor but all of us in the wallet, a new report says It makes moral and fiscal sense to tackle the issue {page 3}

End of a life cycle?

Community bike shop desperately seeks new digs {page 6}

Don't go postal over junk mail

You can reduce your mail's carbon footprint {page 24}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Banff RCMP to test suspected ecstasy pills

RCMP in Banff are testing what is believed to be ecstasy after arresting a Calgary man in on Friday.

Officers responded to an alleged assault outside a Banff nightclub. During the investigation, they arrested and searched a 21-year-old man. They seized what is believed to be ecstasy and cocaine.

Brett Lively, 21, has been charged with two counts of trafficking.

Cpl. Chris Kosack said they would be testing the pills for paramethoxy-methamphetamine (PMMA). "We'll be sending it to the lab just to have it analyzed to ensure that ... it is ecstasy and exactly what is in it," he said.

KATIE TURNER

High-speed collision kills snowboarder

A man has died after a snowboarding accident at the Castle Mountain Resort in Alberta this weekend.

The resort says the man was reportedly snowboarding at a high speed and tried to avoid others on the slope when he lost control, slid into a ditch and collided with a stump.

He died of his injuries at the resort, which is about 221 kilometres south of Calgary.

The resort says the man, who is believed to be 30, was wearing a helmet and a chest protector at the time.

The RCMP are investigating. THE CANADIAN PRESS

KATIE TURNER/METRO

▶ Dan Meades, left, and Alexa Briggs of Vibrant Communities Calgary and Joe Ceci of Action to End Poverty in Alberta say their recently released report shows the cost of poverty in Alberta.

Alta. spending billions on poverty: Report

Report says poverty rate has changed little in last 5 years ◐ Goal is to help facilitate a provincial poverty-reduction strategy, advocates say

KATIE TURNER
@METRONEWS.CA

In addition to the social costs of poverty, local advocates say a report shows the financial costs are extreme as well.

Poverty Costs, a report spearheaded by Vibrant Communities Calgary and Action to End Poverty in Alberta, shows between $7.1 billion and $9.5 billion is being spent on the external costs of poverty annually in the province, while it would have cost $1 billion to bring Albertans living in poverty to the poverty line in 2008.

Those external costs include health care, crime and lost economic opportunities.

"It makes the case very, very clearly that not only is it the morally right thing to do, it's the economically right thing to do," said VCC director Dan Meades.

Alberta is one of three provinces in Canada without a poverty-reduction strategy — something that is desperately needed, according Joe Ceci, co-ordinator of Action to End Poverty in Alberta.

"We're hoping to turn the crank of many fiscal conservatives and others," he said, adding the numbers in the report are modest, as they don't take into account the cost of various social programs.

Ald. Gael MacLeod said the report highlights the need for collaboration throughout all levels of government.

Report findings

- **The report was based** largely on methodology used by other provinces.
- **An estimated $1.2 billion** is spent in health-care costs, according to the report.
- **$560 million is** attributable to crime.

"We want to be a caring society and we want to be fiscally prudent and this moves us in the direction of both at the same time."

1 news

The family of 14-year-old Burton Winters has some pointed questions for the military over the duration of the search for boy. Scan the code for the story.

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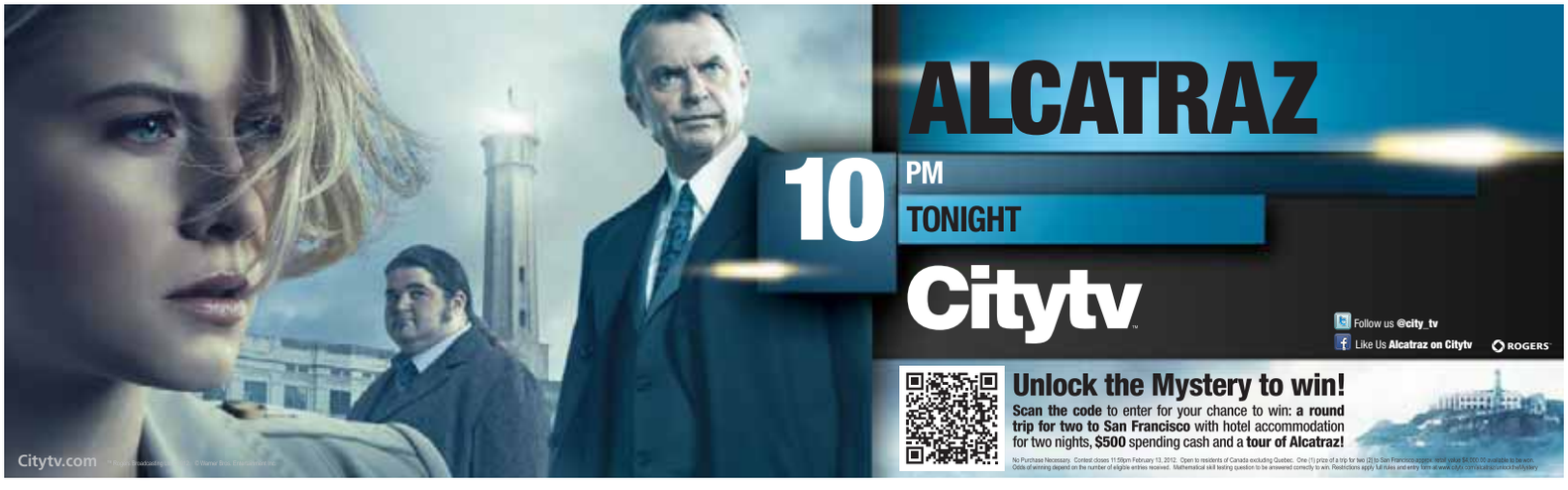

Teacher retention a growing Alberta problem

Province, union continue to work on new contract for educators

JEREMY NOLAIS
@METRONEWS.CA

Students keep enrolling in record numbers, yet half of Alberta's prospective teachers will choose a profession outside of the classroom.

Increasing job responsibilities that amount to an average of 56 working hours per week and constant threats to job security are among the chief concerns, said Jonathan Teghtmeyer with the Alberta Teachers' Association.

"We are going to need these teachers.... It's going to be an increasingly important issue over the next few years," he said.

An official analysis conducted for the province last year found that 25 per cent of Alberta bachelor of education graduates will never sign on with a school board in the province. Of the remaining 75 per cent that do, one-third will quit within the first five years.

"It's called teacher burnout," offered Bobbie Keding, who is working towards an education degree at Mount Royal University and has been warned by her professors about the stresses of the job.

"It becomes too much with the planning, extracurricular work and assessment. Some people can't handle it, so they switch."

Alberta Education Minister Thomas Lukaszuk noted that an education degree can open doors to a number of careers, but said retaining new teachers must remain a top priority for his ministry.

"You need a balance," he said. "You need the experience, but you also need the innovation that comes from young teachers in the system."

Keding certainly hopes to find herself in front of a group of aspiring learners in the years ahead, refusing to be deterred by the negative experiences of some of her predecessors.

"Personally, I have known I wanted to be a teacher since Grade 10, no matter what curveballs I get," she said.

METRO FILE

▶ Teacher retention is on the radar for both the Alberta Teachers' Association and the provincial government.

By the numbers

- **An increase.** The Alberta Teachers' Association projects the province's student population to increase by 100,000 within 10 years.
- **Lost positions.** The ATA also said that, even with a reinvestment in education by Premier Alison Redford late last year, 630 teaching positions have been lost provincewide in the last two years.

Budget key battle for Wildrose

Alberta politicians return to work Tuesday, but the opposition Wildrose party says it will be Thursday's 2012-13 budget that will lay out the battleground for the upcoming election.

"This is going to be a session about who is really best able to manage the books," said Wildrose Leader Danielle Smith.

"I think it's going to give a pretty clear indication of the direction (Premier Alison) Redford's Tories are going."

Smith said that, as has happened in the last two years, the Wildrose will present an alternative spending document.

"We believe in balanced budgets. We believe in value for tax dollars. We believe in restraining year-over-year spending growth, and making sure we have a capital plan we can afford and cutting wasteful spending," she said.

THE CANADIAN PRESS

Police youth program seeks cash

Twice the number of Calgary kids may receive an education through the YouthLink Calgary Police Interpretive Centre should city council assist with funding.

YouthLink Calgary demonstrates the consequences of crime with interactive exhibits and programs.

The Calgary Police Service has donated a new building to the YouthLink program, and Ald. Ray Jones is asking his colleagues to contribute $2 million of the $8-million cost to renovate the space.

Jones said the expense is well worth the investment.

"If you don't spend the money in crime prevention to begin with, you're going to end up spending it at the end of the day," he said.

YouthLink is seeking $2 million each from the provincial and federal governments in addition to the request of the city.

The new space would double the Grade 6 student attendance.

"If we can get 50,000 to 100,000 kids in to see this exhibit, I think it's well worth its weight," said Jones.

Council will vote on the notice of motion today.

KATIE TURNER

140,000 The YouthLink Calgary Police Interpretive Centre has educated approximately 140,000 youth.

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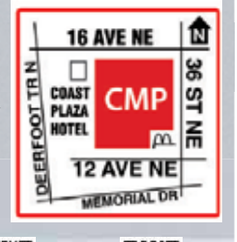

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MARVEL MASTERMIND

Stan Lee coming to comic expo

Comic-book genius Stan Lee is the latest in a string of big names headed to this year's Calgary Comic and Entertainment Expo.

The 89-year-old Lee is the mastermind behind the Spider-Man and X-Men Marvel comic franchises, among others.

Lee joins recently announced Star Trek: The Next Generation cast members coming for a 20-year reunion, in addition to such talent as David Prowse, Hayden Panettiere and more.

The Calgary Comic and Entertainment Expo is at the BMO Centre at Stampede Park from April 27 to 29.

METRO

Arrest in 'Santa' luring case

Police in B.C. have arrested a suspect in a case where a man allegedly tried to lure a child by claiming he was Santa.

David Warren Buchanan, 67, has been charged with two counts of attempted child abduction and police say he is a suspect in a third case.

Police in Edmonton say that on Jan. 23, they responded to a call about an elderly man with a beard who allegedly approached a four-year-old girl, offered her candy and asked if she wanted to go for a ride with Santa.

Police say there were two other incidents in Edmonton — one last month and another in 2010 — where children were approached while they were with their parents.

THE CANADIAN PRESS

Bike shop seeking space

KATIE TURNER/METRO

▶ Rick Kubik, right, of Good Life Community Bike Shop, gives Chris Yu some tips on how to fix his daughter's bike.

Programs offered

- **Included in the long list of programs offered** at Good Life is Women's Wednesdays and Gears and Queers.
- **Two Wheel View**, a youth cycling-education program, will continue operating.

Good Life Community Bike Shop's lease expires at the end of February
Programs dependent on new space

KATIE TURNER
@METRONEWS.CA

Cyclists reliant on the many programs offered at Good Life Community Bike Shop may be left in limbo while a new location to set up shop is sought.

With the lease expiring at the current Eau Claire Market site, staff at the community bike shop are in the process of searching for a new affordable downtown location.

Jackie Mann, co-founder of Good Life, said that in three and a half years they have grown to more than 5,000 members, many of whom rely on the programs offered not only for transportation but also for a sense of belonging.

Every hour of volunteering is worth $5 towards Good Life, allowing many to work towards purchasing a recycled or refurbished bike, or any parts they may need.

"For people who are low-income, it's a critical mobility issue — how you find work, how you get to work and how you carry all your stuff," said Mann.

Volunteer Neal Wilding said through Good Life, he's learned basic bicycle maintenance and is now able to teach that to others at the shop. He said he's confident the shop will find a new home.

"For a community space, it's really, really valuable," he said.

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ETHICAL DEBATE

Supreme Court to rule on HIV disclosure

Canada's highest court is set to hear arguments over whether it's a crime for people with HIV to keep their condition from their sexual partners if the risk of transmission is low.

Supreme Court justices are to hear two cases Wednesday that hinge on the obligations of those with the virus that causes AIDS.

Prosecutors argue people carrying HIV must always inform their partners regardless of the risks of transmission. That way, partners can decide if they want to run the risk of contracting the virus.

Advocates argue that such thinking criminalizes carriers of the virus and doesn't acknowledge the science that can determine the likelihood of transmission.

THE CANADIAN PRESS

Skier recovers from avalanche

A male skier is recovering from injuries after he and a female companion survived an avalanche in B.C.

The incident happened on Saturday near Kimberley, B.C.

So far this season there have been five avalanche-related death in B.C.

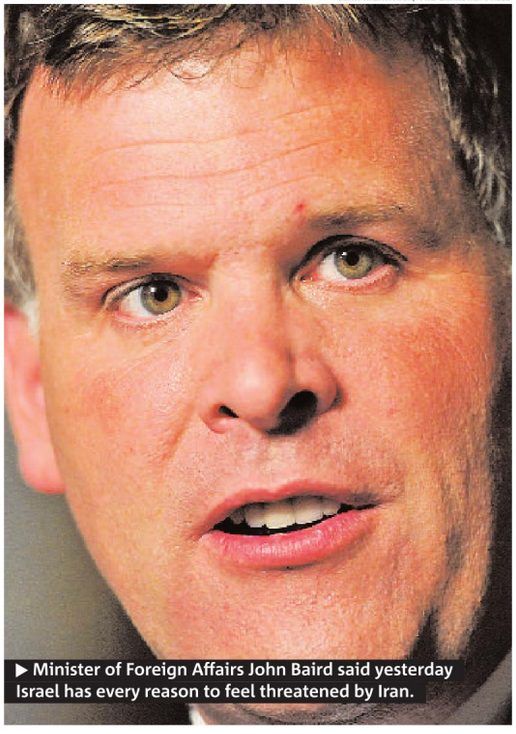
THE CANADIAN PRESS

Byelection for Layton's riding

Stephen Harper has called a byelection in former NDP leader Jack Layton's riding for March 12. The news comes in a tweet from Harper's spokesman. The riding, located east of downtown Toronto, was known as a Liberal bastion until Layton's 1994 election. THE CANADIAN PRESS

Baird defends Israel's Iran fear

SEAN KILPATRICK/ THE CANADIAN PRESS



▶ Minister of Foreign Affairs John Baird said yesterday Israel has every reason to feel threatened by Iran.

▶ Minister: Israel has a right to feel threatened ▶ Refers to Mein Kampf

Foreign Affairs Minister John Baird invoked images of the Holocaust in defending the notion of possible Israeli military action against Iran.

Appearing on CTV's Question Period Sunday, he suggested the Jewish state has every right to feel threatened and pointed to recent comments by the Islamic republic's supreme leader, who vowed to remove a "cancer" from the Middle East.

Ayatollah Ali Khamenei, in a speech broadcast across Iran on Friday, also pledged to aid any nation or group that challenges Israel.

"Obviously you can understand why the Jewish people and why Israel would take him seriously," Baird said in an interview with the news program from Israel.

"Hitler wrote Mein Kampf more than a decade before he became Chancellor of Germany. And they take these issues pretty seriously here."

THE CANADIAN PRESS

Heated words

Baird's comments added to the war of words over Iran's nuclear program.

- **The deputy head of Iran's** elite Revolutionary Guard, Hossein Salami, also warned that any country in the Middle East whose territory is used to launch a military strike will face retaliation.
- **Salami was** quoted as saying Tehran will use "retaliatory aggression" against neighbours if they aid in such an attack.

Anti-Putin song strikes a chord

Ex-Russian paratroopers write and perform catchy protest song ▶ Artists use the tune to build support

The most popular protest song in Moscow today comes from burly men in blue berets, unlikely heroes of a peaceful middle-class movement challenging the strongman rule of Vladimir Putin.

The simple but catchy song was performed at a protest rally for the first time this weekend, but many of the tens of thousands in the crowd already knew the words.

On a snowy square across a frozen river from the Kremlin, the protesters sang along with the chorus, which sums up their weariness with Putin as he intends to extend his 12 years in power by winning a presidential election in March: "You're just like me, a man not a god. I'm just like you, a man not a sod."

1M

A video of the former paratroopers and three others performing the song lit up the Internet, getting more than one million views in the first few days.

The men were joined on the stage by some of Russia's most respected cultural figures who have played major roles in organizing the protests along with veteran politicians now in the opposition.

The former paratroopers' song is just one of the many musical, literary and artistic creations that have inspired and enlivened the protest movement that is still largely the reserve of erudite, urban Russians.

Mikhail Vistitsky, a 45-year-old veteran of the elite force, wrote the lyrics after attending one of the first big anti-Putin demonstrations in late December.

"Mikhail had the idea that a song, an anthem, was what the whole protest movement needed," said Stanislav Baranov, who contributed music and several lines to the song. "The lyrics came straight from his heart in half an hour."

THE ASSOCIATED PRESS

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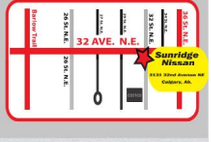

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KEYSTONE MARTIAL TREZZINI/THE ASSOCIATED PRESS

▶ People walk along an icy promenade past ice-covered cars and trees on the shores of Lake Geneva in Versoix, Switzerland, Sunday.

It's a snow-go all over Europe

State of emergency called after heavy snowfall

In Bosnia, more than 100 remote villages have been cut off by two metres of snow in the mountains. More than one metre fell in Sarajevo, the capital, where a state of emergency has been declared.

Three helicopters cruised over eastern Bosnia Sunday, delivering food and picking up people who needed evacuation. Sarajevo has been paralyzed since Friday evening and authorities have ordered all schools closed. Residents have volunteered to remove snow and ice from the trams that are stuck along the city's tracks.

"The snow is beautiful, but let's hope spring comes soon."
POPE BENEDICT XVI

In neighbouring Serbia, officials said 70,000 people remain cut off. So far, 32 municipalities throughout the country have introduced emergency measures, said senior emergency official Predrag Maric. Later Sunday, Serbia's emergency board was to meet to discuss the crisis.

In Montenegro, the north of the country remained cut off, although emergency crews have managed to clear some of the blocked roads.

The situation also had improved somewhat in Croatia, where bus traffic toward the coast resumed, even as snow slowed traffic throughout the country. In the coastal town of Split, where authorities declared emergency measures, dozens of people sought medical help for injuries sustained on ice and snow. Snow is extremely rare in Split, which is on the Adriatic coast. THE ASSOCIATED PRESS

QUEEN ELIZABETH II BRAVES COLD, SNOW AHEAD OF DIAMOND JUBILEE

CHRIS JACKSON, WPA POOL/GETTY IMAGES

▶ Queen Elizabeth II smiles as she leaves Sunday Service.

Queen Elizabeth II braved the cold and snow to attend church Sunday on the eve of her Diamond Jubilee anniversary.

Bundled in a brown coat and matching fur hat, Elizabeth was joined by her husband, Prince Philip, at the service at West Newton church on her Sandringham Estate in eastern England.

Following a service that lasted less than an hour, the queen took time to greet and accept flowers from well-wishers huddled in the freezing temperatures to catch a glimpse of her.

The 85-year-old monarch marks 60 years on the throne on Monday. The anniversary will be marked by a series of events throughout 2012.

Elizabeth ascended the throne when her father, George VI, died on Feb. 6, 1952. She is the longest-serving monarch after Queen Victoria, who ruled for more than 63 years.

Over the course of 2012, members of the royal family — including Prince William and his wife, the Duchess of Cambridge — will travel to Commonwealth countries including Canada, Jamaica and Belize in honour of the Queen's Diamond Jubilee. THE ASSOCIATED PRESS

U.S. calls for coalition to end Syrian violence

Russia, China veto UN-backed resolution to stop the bloodshed ▶ Rebels say only force will oust regime

The United States proposed an international coalition to support Syria's opposition Sunday after Russia and China blocked a UN attempt to end nearly 11 months of bloodshed, raising fears that violence will escalate. Rebel soldiers said force was now the only way to oust President Bashar Assad, while the regime vowed to press its military crackdown.

The threat of both sides turning to greater force after Russia and China vetoed a UN Security Council resolution raises the potential for Syria's turmoil to move into an even more dangerous new phase that could degenerate into civil war.

The uprising, inspired by other Arab Spring revolts, began in March with peaceful protests against Assad's regime, sparking a fierce crackdown by government forces. Soldiers who defected to join the uprising later began to protect protesters from attacks.

JIM WATSON, POOL/THE ASSOCIATED PRESS

▶ U.S. Secretary of State Hillary Rodham Clinton

U.S. Secretary of State Hillary Rodham Clinton warned that chances for "a brutal civil war" would increase as Syrians under attack from their government move to defend themselves, unless international steps provide another way.

Speaking to reporters in the Bulgarian capital Sofia, she called the double veto at the UN Security Council on Saturday "a travesty."

"Faced with a neutered Security Council, we have to redouble our efforts outside of the United Nations," she said, calling for friends of democratic Syria to "support the Syrian people's right to have a better future."

THE ASSOCIATED PRESS

Saudi women challenge legality of driving ban

Saudi women leading a campaign against the kingdom's ban on female driving are calling on the courts to take up their lawsuits demanding the right to drive.

Manal al-Sherif said Sunday that she and another woman activist are urging judicial authorities to begin proceedings on complaints they lodged after being refused driver's licences.

Al-Sherif says she filed her suit in November and it was transferred to the Interior Ministry.

Al-Sherif was detained for nearly two weeks last year after posting an online video of herself driving. It helped launch wider protests.

THE ASSOCIATED PRESS

Driven away

▶ No laws prohibit women from driving, but conservative religious edicts have banned it and officials comply.

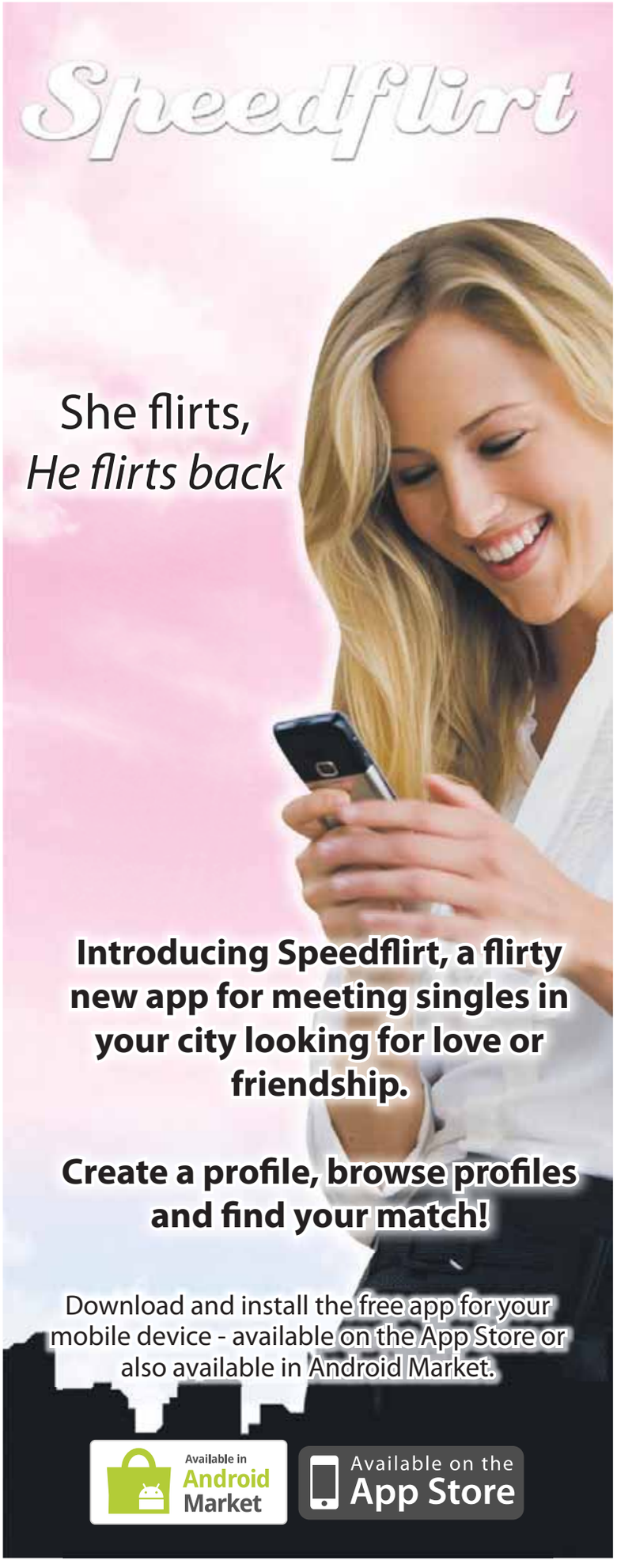
Celebrate. With a bang!

▶ A fire breather keeps the crowd entertained.

AJIT SOLANKI/THE ASSOCIATED PRESS

A show like no other

An Indian Muslim youth displays his skill by blowing a ball of fire as others look on during a procession to celebrate Eid-e-Milad-un-Nabi, or the birthday of Prophet Mohammed, in Ahmedabad, India, on Sunday.



Facebook invokes hacking culture in filing for IPO

Term 'hacking', which dates back half a century, only took on negative connotations in the 1980s ▶ That outlook is now changing, tech experts say

Facebook's billionaire CEO Mark Zuckerberg calls himself a hacker.

For most people, that word means something malicious — shady criminals who listen in on voice mails, or anonymous villains who cripple websites and break into email accounts.

For Facebook, though, hacker means something different. It's an ideal that permeates the company's culture. It explains the push to try new ideas — even if they fail — and to promote new products quickly — even if they're imperfect. The hacker approach has made Facebook one of the world's most valuable Internet companies.

Hackers "believe that something can always be better, and that nothing is ever complete," Zuckerberg explains. "They just have to go fix it — often in the face of people who say it's impossible or are content with the status quo."

Zuckerberg penned those words in a 479-word essay titled The Hacker Way, which he included in the document the company filed with government regulators about its plans for an initial public offering. The company is seeking $5 billion from investors in a deal that could value Facebook at as much as $100 billion.

"Symbolically, it doesn't bode well to Facebook and to potential investors," says Robert D'Ovidio, an associate professor of criminal justice at Drexel University who studies computer crime. "I think it shows maybe an immaturity on his part. He should definitely know better."

By using the word, Zuckerberg, 27, is also trying to reclaim it. To him, Steve Jobs and the founders of many of the biggest technology companies were hackers.

THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ Facebook CEO Mark Zuckerberg during a meeting in San Francisco last October.

Game. Face

▶ Supermodel Adriana Lima stars in an ad for florist company Teleflora that was set to launch during Super Bowl XLVI. Millions had already viewed the ad online prior to the game.

TELEFLORA/THE ASSOCIATED PRESS

Ads score big Bowl buzz

About 20 of the roughly 36 Super Bowl advertisers, eager to stand out during the big game, put their TV commercials online in the days leading up to Sunday's broadcast — a big break with tradition.

YOU HAVE 24 DAYS TO HELP 1,500 RESEARCHERS GIVE CANADIANS MORE TIME.
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HEART & STROKE FOUNDATION

Retailer takes stand against Caterpillar

Mark's Work Warehouse has pulled Caterpillar boots from its London, Ont., stores after the heavy-equipment giant shut down a local locomotive plant.

The chain says it is showing support for hundreds of workers who lost their jobs at the Electro-Motive plant.

The retailer announced the move on its Facebook page Saturday, a day after U.S.-based Caterpillar revealed its plans to close the plant following a labour dispute.

The company had asked its 450 employees to take a 50 per cent pay cut to help keep Electro-Motive going.

THE CANADIAN PRESS

Waterloo still stands behind RIM

The markets may be hitting Research in Motion hard after its most recent restructuring, but the community considered synonymous with the BlackBerry isn't letting bad news get it down.

RIM shares fell sharply after the company's recent announcement that co-CEOs Jim Balsillie and Mike Lazaridis were stepping down from their lead positions.

The shakeup followed a bad year that included 2,000 in layoffs as RIM lost consumers to the iPhone and Android smartphones, as well as operational problems and public-relations gaffes.

That has left many wondering what RIM's seemingly cloudy future would mean for the region of Waterloo and Canada's so-called Technology Triangle, which experienced a boom after becoming the go-to place for tech companies.

Business and community leaders, however, say the mood hasn't soured in the southwestern Ontario city, because the sector has now grown beyond simply one company.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 23.8 (12,577.28)	+ 0.6¢ (100.64¢ US)	+ $1.48 US ($97.84 US)	$2.49 US (- 5.5¢ US)
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YES. IT'S TIME TO HAVE 'THE TALK'

URBAN COMPASS

DARREN KRAUSE
METRO EDMONTON

There has been no better time than now to have The Talk. No, not sex — a different kind of ecstasy.

This one kills.

We've seen the devastating effects of PMMA-tainted ecstasy — eight deaths in Alberta since last summer — and numerous other related overdoses.

Being in the news business, I see and hear this kind of thing first-hand, and having that knowledge provides an excellent entry point to conversation with my kids.

They are both precocious young lads with an interest in my job, and they like to discuss the stories they read on the Internet and hear or talk about in school.

> **"So, we have The Talk. I try to explain the why, the how and the here's-what-could-happen-next in a way that hits home with them. It's fear by education, but a healthy fear. A safe fear."**

Far too often, that conversation revolves around drugs. It's bittersweet. On one hand, it gives me the opportunity to highlight the dangers of drug use, but, on the other, it's always come at the expense of pain and suffering for another family.

So we have The Talk. I try to explain the why, the how and the here's-what-could-happen-next in a way that hits home with them. It's fear by education, but a healthy fear. A safe fear.

There's no way of telling whether the families of the eight Alberta ecstasy victims or the countless overdoses finding their way into Alberta emergency rooms had that talk with their kids at some point in their lives.

It's not easy. I know it's not easy. Even with a natural "news angle," trying to impress upon my two sons, 11 and 8, the message "Don't do drugs" seems pious, cliché and, let's admit it, a tad bit hypocritical for many parents.

But it still needs to be done.

Aside from locking our kids in the house and preventing them from enjoying life as a young adult, what other defence do we have?

I have talks with my kids so as to be a responsible parent. At least it makes me feel responsible. I tell them to wear their helmets when biking, stay in control on the ski slopes and to put their seatbelts on. Why wouldn't talk about drugs?

I can only rely on the police to do their job of collaring drug-peddling crooks and the emergency room docs to save my kids should all of my words of wisdom go in one ear and out the other.

However, they're relying on me to do my job as a parent.

But they're also relying on you.

Students get chance to run Airdrie — for a day

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Look out, Peter Brown, someone's coming to take your place!

The City of Airdrie's Hyjinx Youth Council is putting on a Mayor for a Day Challenge. Open to students in grades 6 to 12, the challenge asks applicants to submit their idea for improving the community.

The two students — one in middle school and one in high school — who submit the best two ideas will be chosen by council to be mayors for a day (and will win an iPad 2, but that's just a bonus).

Not only will their ideas be taken seriously, as mayor, they'll get to attend official meetings and events.

So, put your thinking caps on, submit your ideas and get ready to run the city (well, for one day, anyway) Applications will be accepted until Feb. 29.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

Daily Zoom

Holding on for dear life

Riders literally dragged by horse

SWITZERLAND. First-place rider Fadri Casty, pulled by Bergonzi, centre, competes during the Skijoring Grand Prix Credit Suisse race on the frozen Lake of St. Moritz, during the first weekend of White Turf races in St. Moritz on Sunday.

The unique race, which combines skiing and horse racing, has been an annual event in the town since 1906. **THE ASSOCIATED PRESS**

Taking the sport to the lake

TRADITIONAL. The weekend also includes the Grand Prix American Airlines — a more traditional horse race, if you can call riding horses on a frozen lake traditional.

The participants ride nearly 2,000 metres across the snow and ice, which gives the annual races the name White Turf. The racing wraps up Feb. 19. **THE ASSOCIATED PRESS**

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

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2 scene

Box office

Some unknown kids with superpowers have nudged out the world's most famous teen wizard at the weekend box office. Chronicle, featuring a relatively unknown cast as youths who gain telekinetic abilities, debuted as the No. 1 movie with $22 million. It edged out Harry Potter star Daniel Radcliffe's The Woman in Black.
THE ASSOCIATED PRESS

Mel Gibson, LA County sheriff listed as possible witness in deputy's discrimination case

A different kind of rom-com

Canadian indie director parlays web donations into rom-zom-com A Little Bit Zombie

HANDOUT

▶ Director Casey Walker, right, talks with cast and crew on the set of A Little Bit Zombie.

It was in 2006 that Thunder Bay, Ont.-native Casey Walker set out to make his first feature film and won over the web with his pitch to shoot an "unromantic comedy" for a million bucks.

A lot can change in five-plus years, including the idea for your film, and how much it'll cost to make it.

Walker eventually changed gears and decided to make his debut film a "rom-zom-com" called A Little Bit Zombie, which is getting its world premiere this weekend at the Victoria Film Festival. And while he initially nicknamed the project "my million dollar movie," it ended up costing just about double that.

The journey to create his first film actually dates back at least 10 years or so, when he started working on a script for his big-screen debut with another writer.

"We quickly discovered you can't make a movie in this country unless you've made a movie," said Walker.

Years later, inspired by a student's online campaign that collected donations to pay for his tuition, Walker set up mymilliondollarmovie.com, asking for $10 pledges to help fund his movie.

The website was a hit, made international headlines and gave Walker the push he needed to seriously pursue the film — even if the campaign didn't pay for it entirely.

"We tried to raise a million dollars, that was the goal," he said.

"But we got $85,000 online, I put in personally another $275,000 and the rest came from tax credits and the Northern Ontario Heritage Fund Corporation," based on plans to shoot the film in Sudbury, Ont.

Walker went with the zombie theme after meeting with Christopher Bond (co-creator of Evil Dead, The Musical!) and Trevor Martin, who would become the writers for A Little Bit Zombie.

Kristopher Turner (The L.A. Complex, Instant Star) stars as mild-mannered nice guy Steve, who is engaged to raging bridezilla Tina, played by Crystal Lowe (Hot Tub Time Machine, Final Destination 3, Smallville). They're spending a weekend away in a country cabin when things start getting strange, shortly after Steve gets bitten by a mosquito.

That mosquito had just finished feasting on a zombie's blood before getting to Steve.

"The (writers) told me the one-sentence idea of what happens when a guy gets bitten by a zombie mosquito: he becomes a little bit zombie," said Walker, adding that the film is a fusion of multiple genres and not aimed at one demographic.

"We went for a broad audience ... this is a movie that if you don't love zombie movies, you're going to love, and if you love zombie movies you're going to love it. There's something there for everyone," he said.
THE CANADIAN PRESS

Viewing

▶ For those not in Victoria this weekend, A Little Bit Zombie is set to air on Movie Central and TMN (likely in the lead-up to Halloween) and before that it'll hit some theatres.

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Blazing a trail in Hollywood

Actress Pam Grier built career on portraying slew of fearless females
Blames marginalized audiences for lack of African-American roles

NATHAN DENETTE/THE CANADIAN PRESS

Pam Grier

Film star Pam Grier says there's still a lack of opportunities for African-American actors in Hollywood and it's partly due to marginalized audiences.

Film investors are looking to make the widest profit margins possible and build upon "brands" (such as actors or franchises) that can "keep the industry going," explains the Foxy Brown screen siren.

And if they do invest in a marginalized brand, the budget will likely be small and sometimes the target audience won't even support it, she said.

"We have conservative African-Americans who will not see certain films, will only see Tyler Perry but will not see Spike Lee," Grier, 62, said in an interview ahead of her appearance at the Canadian Film Centre's celebration of Black History Month in Toronto.

> **"It was just basically a moniker that described a black action film."**
> PAM GRIER, ON HER STATUS AS AN ICON OF BLAXPLOITATION FILMS

"I know a lot of African-American women that didn't want to see The Help because they had lived it as little girls.... It brought back horrible memories and they couldn't see it, nor will they read the book."

Grier, of course, has helped blaze a trail for African-American women in Hollywood by portraying a slew of fearless female characters, from the voluptuous villain hunter in Foxy Brown, to the private detective in Sheba, Baby, to the vigilante in Coffy. In 1998, she was nominated for the best-actress Golden Globe for playing a fierce flight attendant in Jackie Brown — a role Quentin Tarantino wrote with Grier in mind.

Though she's often referred to as an icon of the '70s classic blaxploitation films, Grier isn't comfortable with the title.

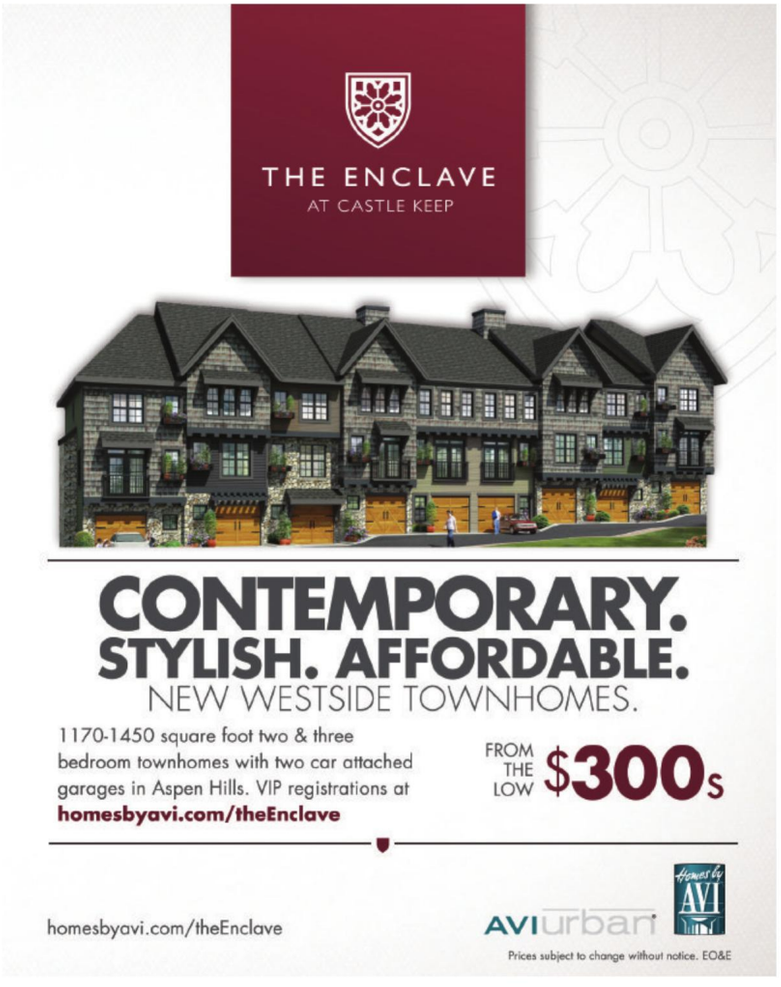
"There were several films done before me by male actors — Fred Williamson, Jim Brown, Isaac Hayes — a lot of black, male-lead films. But when I stepped into the role, now it's 'exploitation,'" said Grier.

THE CANADIAN PRESS

Memoir

Grier runs down her life story in her 2010 memoir, Foxy: My Life in Three Acts, which she says is now being adapted for the big screen.

- **The book** dishes on the men she's dated — including Kareem Abdul-Jabbar, Freddie Prinze Sr. and Richard Pryor.
- **These days,** Grier lives on a farm in Colorado, where she lets impoverished children ride her four horses for free. She and her sister also knit hats for U.S. military soldiers and chemotherapy patients.
- **Grier battled** cervical cancer at age 39, which forced her to take a break from acting. It sent her on a lifelong journey for alternative therapies.



Radcliffe says he'll steer clear of Butterbeers

- 22-year-old Daniel Radcliffe has already decided to give up drinking
- Says breaking point came while working on the last Harry Potter films

ALL PHOTOS GETTY IMAGES

Daniel Radcliffe says he has a "very addictive personality."

Now that he's done being Harry Potter, Daniel Radcliffe is coming clean about wizarding under the influence.

"I can honestly say I never drank at work on Harry Potter. I went into work still drunk, but I never drank at work. I can point to many scenes where I'm just gone. Dead behind the eyes," Radcliffe says in an interview with Heat magazine.

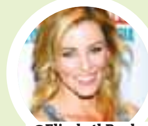
"I have a very addictive personality. It was a problem. People with problems like that are very adept at hiding it. It was bad. I don't want to go into details, but I drank a lot and it was daily — I mean nightly."

We're happy to hear that Radcliffe, wise young man that he is, has since sobered up — allowing us to devise Harry Potter drinking games with a clear conscience.

Our personal golden snitch: A shot of him getting queasy on a broomstick and/or slurring his way through Parseltongue.

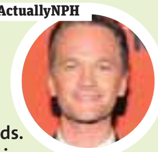
MONICA WEYMOUTH/DOROTHY ROBINSON WILL RETURN TUESDAY

Celebrity tweets



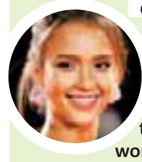
@ElizabethBanks

My driver's name is Sayid which reminds me, I miss Lost. #Penny&DesmondForever #Nerd



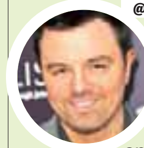
@ActuallyNPH

Having a relaxing day with the fam and friends. Making pizzas in the pizza oven. Wine. Swimming. LA is odd when winter feels like summer.



@jessicaalba

having a sick baby is the WORST thing in the world....



@SethMacFarlane

Coming soon: a Broadway musical where everyone just sings Ace of Base songs! 'Cause that counts as a Broadway musical now!

Jennifer Farley (JWoww), left, and Nicole Polizzi (Snooki)

You can take the girl out of Jersey ...

Hoboken may have denied Snooki and JWoww a filming permit, but that's not going to stop the Jersey Shore ladies from filming their new spinoff in the Garden State.

Undeterred, they're working "round the clock" to find a new location, reports TMZ.

New Jersey, you really need to embrace these kids — no one else has ever escaped and even considered returning. MONICA WEYMOUTH

David Beckham 'pretty OK'

After comedian James Corden suggested that David Beckham had a little assistance with his H&M underwear campaign ads, the soccer star is responding.

"I've never, ever padded out my pants, or shoved socks down there. I've never had to for any of the photo shoots I've done because, hopefully, I don't need to," Beckham tells the Daily Mirror.

"Well, let's just say I've been told I don't need any help in that department. I think I'm pretty OK."

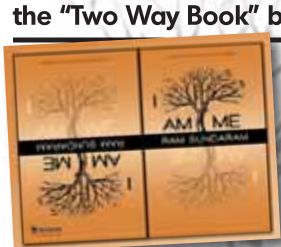
We did a little research — we owe you one, Internet! — and we're very enthusiastically siding with Becks on this one.

MONICA WEYMOUTH

"I've never, ever padded out my pants, or shoved socks down there. I've never had to for any of the photo shoots I've done because, hopefully, I don't need to."
DAVID BECKHAM

David Beckham

I AM ME
the "Two Way Book" by Ram Sundaram



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March 16-18, 2012

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EASTER SEALS CAMP HORIZON

Please contact: Jessica Phan, Volunteer Coordinator, volunteer@easterseals.ab.ca, (403) 949-3818

3 life

SUBMITTED

▶ One boy from the '80s adventure flick The Goonies was openly made fun of because of his weight, and even had the nickname Chunk.

Is it OK to call a fat kid fat?

Maybe, if it prevents obesity later, says our Mommyish writer

A new study refutes the link between childhood obesity and junk food in schools. The epidemic, it says, is rooted closer to home than we thought. And with one in three kids overweight or obese (in the U.S., at least), it can't just be blamed on a few negligent parents. Well-meaning moms and dads are part of the problem, too.

That's because, in an attempt to bolster their kids self-esteem by avoiding fat-talk, many have become too afraid to speak plainly and frankly about what is and isn't a healthy body weight.

But putting blinders on isn't going to make the problem go away — or make kids feel any better.

Dr. David Katz of the MindStream Academy in South Carolina, a health and wellness boarding school, has an opinion shared by many: "Never send your kids the message that they need to lose weight, get thinner, drop pounds, look better, etc.," he said, "If you do, they'll still develop unhealthy attitudes even if you never so much as utter the d-word. Instead, always frame your message in terms of your kids feeling better about themselves, having more energy, becoming healthier and happier. These are sustainable goals that won't damage your child's self-esteem."

As someone who was overweight as a kid (I even wrote about how I wished my parents had put me on a diet when I was young), I can attest to the fact that if my parents hadn't been afraid of hurting my feelings and talked to me honestly about weight loss, I'm fairly sure I would have been better off. Their frankness about my health would have been a lot easier to bear than the teasing of kids and the angry voices in my own head about my body.

That's the tricky part: Kids may not tell you that they feel terrible about their body because they're overweight. But the truth is that few overweight or obese kids are unaware that they're bigger than their peers.

Here's a stat worth remembering: 75 per cent of parents ignore or don't realize that their overweight kids are getting made fun of, and feel bad about themselves, according to Strong4Life, an anti-obesity organization.

I assure you, being the fat kid in class is worse than your mother telling you that fruit is a better snack choice than chips.

CONTRIBUTED BY HANNA BROOKS OLSEN, OF BLISSTREE.COM AND MOMMYISH.COM

Fitness tax credit

With all the activities in which your kids are involved, money may be flying out of your wallet. Registration fees, new uniforms and equipment all add up.

However, registering your children in physical activities may save you some money this tax season. The children's fitness tax credit may allow you to claim up to $500 of the fees you spend on eligible activities. This gives you a non-refundable tax credit of up to $75 per child, which could help equip your future sports superstar.

More info can be found at cra.gc.ca/fitness.

NEWS CANADA

Family-style meals

Communal dining brings people closer — literally

THE CANADIAN PRESS/ CRIS YOUNG

▶ The Social Feed dinner at Toronto's Drake Hotel

Sitting shoulder-to-shoulder while passing food-filled platters around the table is a familiar scene. But many are embracing this intimate dining experience outside of the home — and not just with friends and family.

On a recent weeknight at Toronto's Drake Hotel, 14 diners sat cosily at a long wooden table, arms and hands extending and criss-crossing to share and exchange delectables on gleaming dishes.

The event was organized by The Social Feed, which partners with independent restaurants and local hotspots to offer a unique take on the dinner party. Guests shell out in advance for a fixed-price menu and indulge in food and drink while seated at a communal table with others looking to share in a meal — and, it's hoped, a little social interaction.

Events are targeted at 22- to 34-year-olds who may be seeking an affordable alternative to their usual dining experience, said co-founder Reggie Milligan.

"Somebody that doesn't need to know a lot about the food culture in their city ... they can kind of jump in and the table roams from different spot to different spot within the city," he said.

Now with the concept in place in Vancouver and Toronto, Milligan said the next logical step for expansion would be Montreal and, it's hoped, a major food market in the U.S.

THE CANADIAN PRESS

Colorado lawmakers delay considering tough restrictions on trans fats at schools.

Dip into water for dinner

[redacted] vour to fish, and brown butter sauce gives it a nice finish ▶ Ginger and garlic mingle with the spinach side

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Fish Prep:

1 In clean coffee grinder, grind mushrooms until fine powder. Place in small bowl and add finely chopped coriander; set aside.

2 Coat each piece of fish with mushroom mixture and place in baking dish.

3 Sprinkle fish with salt. In skillet, melt 2 tbsp (25 mL) of butter over medium-high heat until just starting to brown. Add fish, skin side down, if any, and cook 3 mins. Transfer to parchment paper lined baking sheet and roast in 425ºF (220ºC) oven for 10 mins. or until fish is opaque and flakes easily.

4 Return skillet to medium high heat with remaining butter and melt, until foamy. Drizzle over fish.

Spinach Skillet Side Preparation:

1 In skillet, heat oil over medium heat and cook garlic and minced ginger, stirring 2 mins. or until softened.

2 Add spinach and cook, stirring for about 5 minutes or until spinach is wilted. EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.

EMILY RICHARDS

Porcini-Dusted Fish and Spinach

▶ This recipe makes four servings.

Ingredients:

Fish
- 1 pkg (14 g) dried wild mushrooms, such as porcini
- 1 tbsp (15 mL) coriander
- 1 ½ lbs (750 g) fresh fish fillets such as cod or trout
- 1/2 tsp (2 mL) kosher salt
- 3 tbsp (45 mL) butter

Spinach
- 1 tbsp (15 mL) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 mL) ginger
- 1 bag (8 oz/227 g) spinach

Rose Reisman's Choose It And Lose It

Lunchtime faves, such as quesadillas, sandwiches and wraps with seemingly healthy ingredients, can actually pack some hidden fat and calories.

BOSTON PIZZA OVEN ROASTED CHICKEN WHOLE WHEAT QUESADILLA WITH SALSA & SOUR CREAM
940 CALS, 47 G FAT, 14 G SAT FAT, 1,330 MG SODIUM

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LOSE IT!

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A new start for 'smart'?

What's more valuable than a good education in this day and age? Emotional intelligence, say certain experts

MICHAEL FREIDSON
LIFE@METRONEWS.CA
METRO WORLD NEWS

The world is getting dumber. Or at least it feels that way. A person can get through the day — even succeed, and thrive — with less deep thought than ever before. Overall, we simply have lower standards and, in these tough times, want escape. You know this already. You're probably zoning out right now.

But it got us wondering about our children. What will it take for them to succeed in such a world? Will they need to be "smart," we wondered, or just savvy, which is something different? Will "smart" — which was formerly measured by the number of classic books you'd read, or your proclivity for adding numbers — need to be redefined?

Kids, meet the real world

Sue Palmer, a former headteacher and author of Toxic Childhood, a book about how the modern world affects (and infects) kids today, has considered the question, and finds the answer in kids' relationships to technology and themselves.

> **"The smart kid is the one who can take control of the technology rather than have the culture controlling them."**
> SUE PALMER, AUTHOR OF TOXIC CHILDHOOD

"We've got to start defining 'human' before anything else," she says. "We might call a child 'smart' if they can recognize the difference between the real world and the online world. And that requires having a concept of reality, which develops in childhood and that requires interacting with real people and real things."

"The smart kid," she summarizes, "is the one who can take control of the technology rather than have the culture controlling him."

For that to happen, a child must consider himself an individual, albeit one of a larger society. That's tough when "they also follow the latest trends without looking at themselves," says Palmer. "We're social, but it's back to Socrates: 'The unexamined life is not worth living.'"

Dr. Dan Siegel agrees. His new book, The Whole-Brain Child, about fostering emotional intelligence in children, is already a bestseller in the United States. A neuropsychiatrist, he developed something called The Wheel of Awareness, a meditative tool focused around your perceptions. Although too advanced for five year olds, the tool — or one like it — could empower the next generation, he hopes.

▶ The kids on The Wire had no chance, stuck in a school system devoted solely to high test scores.

About that generation, Siegel feels "realistically optimistic, if people can develop 'time-in' practices on a regular basis. There was a time when people would lose their teeth when they got to middle age, but once we learned to brush our teeth on a daily basis, we learned to keep our teeth for life. In the same way, if 'time-in' or reflective practices, were adopted on a daily basis, the outcome would be very positive for people, helping them to deal with this troubled world that we've given them."

But what about, you know, books?

Emotional awareness is clearly important, and maybe the "smart" of the future. But surely school matters, too. Although Moby-Dick may have no real-world application, reading it helps you develop ideas and think creatively.

Oddly, these days, at least in the U.S., schools are mandated to focus less on thought and more on test scores, to the detriment of actual learning, as anyone who's seen The Wire season four can attest.

"Overall, the schools have been antipathetic," says Palmer, who, we remind you, is a former headteacher.

Dr. Jane Foley, the senior vice-president of the Milken Educator Awards, says the definition of "smart" is constantly changing. But all three experts agree on one thing:. "I do recommend learning to read," says Palmer with a laugh. "You can get better ideas than through pictures."

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Canine made a career out of kindness

How a playful puppy found his calling in caring for others and taught humans a lesson in unconditional love

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When Charmaine Hammond and her husband, Chris, adopted Toby, a five-year-old retriever, they had no idea they had acquired a four-legged demolition dog with separation issues.

After their home was repeatedly ripped apart it was determined that Toby needed a job. Charmaine enrolled him in pet therapy training and it became a turning point for Toby as he began ministering love and companionship to people with mental illnesses. Toby had found his purpose.

For five years Toby faithfully looked after Charmaine and Chris, ministered to his patients and visited 10,000 school children to promote literacy and kindness. Charmaine wrote a book about her adventures with Toby and it's currently in development in Hollywood to be turned into a movie.

▶ Corporate trainer, speaker and best-selling author Charmaine Hammond with her award-winning pet therapy dog, Toby.

Last December, Toby passed away peacefully, but in his memory Charmaine is launching a new initiative to coincide with February Random Acts of Kindness month.

"Toby impacted people around the world and his mission is so important that we must continue it."

Toby's Global Kindness Mission will launch on February 14th — the day of love. How fitting for a determined dog that left an indelible paw print on so many hearts.

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Want to get rid of junk mail?

Canada Post is trying to help you do that ▶ And they're trying to reduce mail's carbon footprint too

BEN KNIGHT
LIFE@METRONEWS.CA

Canada Post is greening up its act. That means the environmental footprint of all your letters and packages is being reduced. As is the carbon cost of all that junk mail.

"We travel about 80 million kilometers every year," says Anick Losier, director of media relations for Canada Post. "We're in every single community in Canada. We have three times as many postal counters as there are Tim Hortons."

For the past three years, Canada's national postal service has been working to reduce its significant greenhouse-gas emissions by 20 per cent by the end of this decade.

"We're using more environmentally friendly vehicles, and are testing a fully electric vehicle to see how it can fit in Canadian winters," Losier explains. "This is already producing some significant results, just in the past year or so. We've seen about a 5 per cent reduction in greenhouse gas emissions."

There's also a massive, nationwide overhaul of the company's infrastructure. Old, outdated facilities are being closed, and new, LEED-certified buildings are taking their place.

Paperless transactions are being encouraged, as well.

ISTOCK PHOTOS

▶ Canada Post is greening up its act.

"We were the first out of the gate, ten years ago, with ePost," says Losier, referring Canada Post's online bill-payment service. "People wanted to be more green, and were seeking alternatives to paper. Now we've got 2.8 million users monthly."

But when most Canadians go to their mailboxes, most of what they receive is advertising. A significant portion is thrown out immediately — and not all of it gets recycled. How can that environmental impact be eased?

"People who do not want to have the flyers — what we call Ad Mail — can register on our website for the Consumer's Choice program," she says. "They will be on a list when the letter carrier delivers your mail, and will not receive flyers."

52.2%

If you think that more than half your mail is advertising, you're correct. Canada Post delivered 5.4 billion pieces of direct-marketing ad mail in 2010 – 52.2 per cent of all letters, packages and other items they handled.

The program has been available for ten years — and remains unpopular.

"We only see about 6 per cent of Canadians registering for it," Losier notes. "It was designed to offer alternatives to Canadians. We know that they want to be more environmentally friendly."

For more info: canadapost.ca

▶ The New York Giants celebrate in front of New England Patriots QB Tom Brady after winning the Super Bowl in Indianapolis on Sunday night

AL BELLO/GETTY IMAGES

Eli shows he's elite in Giants' Super Bowl win

- New York wins title on last-minute Bradshaw TD
- Patriots come up short in big game vs. Giants again

Take that, Brady. You too, Peyton.

Eli Manning is the big man in the NFL after one-upping Tom Brady and leading the New York Giants to a 21-17 victory over the New England Patriots in Sunday's Super Bowl — in older brother Peyton's house, at that.

Just as Manning did four years ago when the Giants ruined New England's perfect season, he guided them 88 yards to the decisive touchdown, which the Patriots didn't contest as Ahmad Bradshaw ran six yards with 57 seconds left.

Patriots coach Bill Belichick reasoned the Giants would run the clock down and kick a short field goal, so he gambled by allowing the six points.

The gamble failed.

And now Manning not only has stamped himself as the elite quarterback he claimed to be when the season began — in the same class as Brady — he's beaten the Patriots in two thrilling Super Bowls. The Giants now own the football world, and Manning owns two Super Bowl MVP awards, the same number as Brady.

"It's been a wild game, a wild season," Manning said. "This isn't about one person. It's about one team, a team coming together."

GIANTS	PATRIOTS
21	17

JAMIE SQUIRE/GETTY IMAGES

"This is such a wonderful thing, these guys carving their own history."
GIANTS HEAD COACH TOM COUGHLIN

Manning was clutch on the winning drive. He completed five passes, including a sensational 38-yard sideline catch by Mario Manningham to open the drive.

On second down at the Patriots six, with one timeout remaining, Belichick had his defence stand up as Bradshaw took the handoff. Bradshaw thought about stopping short of the end zone, then tumbled in untouched.

"I was yelling to him, 'Don't score, don't score,'" Manning said. "He tried to stop, but he fell into the end zone."

Brady couldn't answer in the final 57 seconds. His desperation end-zone pass on the final play fell just beyond the grasp of All-Pro tight end Rob Gronkowski.

"We were in the lead for a good part of the game. We just came up a couple of plays short," Belichick said. "You don't feel good after you lose this game."

Brady headed off with his head bowed, holding his helmet, while around him was the wild celebration by the Giants, NFL champions for the eighth — and perhaps most unlikely — time.

THE ASSOCIATED PRESS

▶ Eli Manning celebrates a first-quarter TD.

16

Tom Brady broke the Super Bowl record for consecutive completions, previously held by his idol Joe Montana. The Patriots QB threw his 16th straight completion with a 12-yard TD pass to Aaron Hernandez to open the second half.

▶ Tom Brady reacts to throwing an interception.

ERIC GAY/THE ASSOCIATED PRESS

4 sports

Quoted

"I'm pretty much booed at every arena, wouldn't you say? Even before anything happened?"

BOSTON GOALIE TIM THOMAS, WHO WAS BOOED BEFORE THE BRUINS' 4-1 WIN OVER THE CAPITALS IN WASHINGTON ON SUNDAY. THOMAS MADE 35 SAVES PLAYING ABOUT 10 BLOCKS FROM THE WHITE HOUSE, A PLACE HE FAMOUSLY AVOIDED WHEN THE REIGNING STANLEY CUP CHAMPIONS WERE HONOURED BY PRESIDENT BARACK OBAMA ON JAN. 23.

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	50	33	12	1	4	141	102	71	16-5-0-2	17-7-1-2	6-3-0-1	W2
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Florida	51	24	16	5	6	131	145	59	13-5-1-6	11-11-4-0	3-4-1-2	L2
Philadelphia	52	30	16	2	4	173	156	66	12-8-1-3	18-8-1-1	5-3-0-2	L1
Pittsburgh	53	30	19	2	2	161	138	64	15-7-2-0	15-12-0-2	8-2-0-0	L1
New Jersey	52	30	19	1	2	149	148	63	15-9-0-2	15-10-1-0	6-3-0-1	W4
Ottawa	55	27	21	5	2	161	171	61	14-10-1-1	13-11-4-1	3-6-1-0	L6
Toronto	52	27	19	3	3	161	152	60	15-8-2-2	12-11-1-1	5-4-0-1	W2
Washington	52	27	21	2	2	145	149	58	18-7-0-1	9-14-2-1	4-4-2-0	L1
Winnipeg	54	24	24	3	3	129	150	54	15-8-0-2	9-16-3-1	4-5-0-1	L2
Tampa Bay	51	23	23	2	3	147	173	51	15-7-1-1	8-16-1-2	6-2-1-1	W1
NY Islanders	51	21	22	5	3	125	150	50	11-12-4-0	10-11-1-2	6-2-1-1	L1
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Montreal	53	20	24	2	7	137	145	49	10-11-2-5	10-13-0-2	4-4-0-2	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	53	35	16	1	1	171	126	72	20-2-1-0	15-14-0-1	9-0-0-1	L1
d-Vancouver	52	32	15	0	5	167	130	69	15-6-0-4	17-9-0-1	6-2-0-2	W1
d-San Jose	50	29	15	3	3	145	117	64	17-8-2-0	12-7-1-3	5-4-0-1	L1
Nashville	53	32	17	3	1	149	136	68	17-7-2-1	15-10-1-0	8-2-0-0	W1
St. Louis	51	30	14	1	6	126	105	67	22-3-1-3	8-11-0-3	6-2-1-1	L1
Chicago	53	29	17	4	3	169	158	65	19-6-1-3	10-11-3-0	4-4-2-0	L5
Los Angeles	53	25	18	4	6	115	116	60	15-11-0-4	10-7-4-2	3-4-1-2	L2
Minnesota	52	25	19	2	7	121	133	58	13-7-1-2	12-12-1-4	4-4-0-2	L1
Dallas	51	27	22	0	2	136	144	56	15-9-0-2	12-13-0-0	4-5-0-1	W1
Colorado	54	26	25	2	1	135	151	55	14-13-0-1	12-12-2-0	3-5-1-1	L5
Calgary	52	24	22	3	3	124	141	54	14-8-1-1	10-14-2-2	6-3-0-1	W1
Phoenix	52	23	21	3	5	136	141	54	11-10-2-2	12-11-1-3	3-5-0-2	W1
Edmonton	52	21	26	1	4	138	152	47	15-8-1-2	6-18-0-2	5-4-0-1	W3
Anaheim	51	19	24	4	4	132	154	46	13-13-2-0	6-11-2-4	6-2-2-0	L2
Columbus	52	14	32	1	5	120	174	34	8-13-1-2	6-19-0-3	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Montreal 3 Winnipeg 0
Boston 4 Washington 1
New Jersey 5 Pittsburgh 2
N.Y. Rangers 5 Philadelphia 2
Saturday's results
Edmonton 5 Detroit 4 (SO)
Toronto 5 Ottawa 0
Vancouver 3 Colorado 2 (SO)
Washington 3 Montreal 0
Buffalo 4 N.Y. Islanders 3 (SO)
Carolina 2 Los Angeles 1
Dallas 2 Minnesota 1 (SO)
Nashville 3 St. Louis 1
New Jersey 6 Philadelphia 4
Phoenix 5 San Jose 3
Pittsburgh 2 Boston 1
Tampa Bay 6 Florida 3
Tonight's games
All Times Eastern
Edmonton at Toronto, 7 p.m.
Detroit at Phoenix, 8 p.m.
Calgary at Anaheim, 10 p.m.
Tomorrow's games
New Jersey at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Florida at Washington, 7 p.m.
Minnesota at Columbus, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
St. Louis at Ottawa, 7:30 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Toronto at Winnipeg, 8:30 p.m.
Phoenix at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Wednesday's games
Boston at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Carolina at Anaheim, 10 p.m.
Calgary at San Jose, 10 p.m.

CANADIENS 3, JETS 0

First Period
1. Montreal, Pacioretty 19 (Weber, Palushaj) 18:02
Penalties — Byfuglien Wpg (goaltender interference) 3:31, Kostitsyn Mtl (goaltender interference) 9:03.
Second Period
2. Montreal, Emelin 2 (Plekanec, Darche) 7:20
3. Montreal, Plekanec 11 (Kaberle, Subban) 11:28
Penalties — Darche Mtl (interference) 1:05, Wheeler Wpg (roughing), Kostitsyn Mtl (tripping) 10:12, Wheeler Wpg, Subban Mtl (fighting) 16:05.
Third Period
No Scoring.
Penalties — Montreal bench (too many men) 13:25, Stuart Wpg (tripping) 15:03, Bourque Mtl (tripping) 17:58, Byfuglien Wpg (hooking) 19:07.
Shots

Winnipeg	7	8	8	23
Montreal	11	11	1	23

Goal — Winnipeg: Pavelec (L,18-18-6); Montreal: Price (W,18-19-8). **Power plays (goals-chances)** — Winnipeg: 0-5; Montreal: 1-3.
Referees — Dan O'Rourke, Justin St-Pierre.
Linesmen — Don Henderson, Andy McElman.
Attendance — 21,273 (21,273) at Montreal.

SATURDAY

CANUCKS 3, AVALANCHE 2 (SO)

First Period
1. Vancouver, Kesler 16 (Edler, Booth) 3:31
2. Colorado, Jones 10 (Stastny, O'Reilly) 9:14 (pp)
Penalties — Galiardi Col (elbowing) 4:51, Booth Vcr (goaltender interference) 8:46, Raymond Vcr (high-sticking) 10:46, Bitz Vcr, McLeod Col (fighting) 16:42, Galiardi Col (roughing) 19:32.
Second Period
3. Colorado, McClement 7 (Winnik) 3:39
Penalties — Kobasew Col (tripping) 13:20, Hamhuis Vcr (cross-checking) 17:46.
Third Period
4. Vancouver, Bieksa 5 (H.Sedin) 19:25
Penalties — Stastny Col (hooking) 3:02, Edler Vcr (interference) 4:37, Winnik Col (holding) 11:17, Burrows Vcr, O'Brien Col (roughing) 13:56.
Overtime
No Scoring.
Penalties — None.
Shootout
Vancouver wins 1-0
Vancouver (1) — Lapierre, miss; Raymond, goal; **Colorado (0)** — Hejduk, miss; Landeskog, miss; O'Reilly, miss.
Shots

Vancouver	7	10	11	1—29
Colorado	18	12	11	5—46

Goal — Vancouver: Luongo (W,21-10-5); Colorado: Giguere (L,12-9-2). **Power plays (goals-chances)** — Vancouver: 0-5; Colorado: 1-4.
Referees — Don Van Massenhoven, Wes McCauley. **Linesmen** — Mike Cvik, Brad Lazarowich.
Attendance — 17,024 (18,007) at Denver.

MAPLE LEAFS 5, SENATORS 0

First Period
1. Toronto, Kessel 27 (Bozak, Gardiner) 13:47
2. Toronto, Phaneuf 8 (Kessel, Lupul) 17:02 (pp)
Penalties — Franson Tor (interference) 7:29, Lupul Tor (delay of game) 10:37, Gonchar Ott (hooking) 16:23, Condra Ott (hooking) 17:27.
Second Period
3. Toronto, Bozak 9 (Kessel, Franson) 8:25
Penalties — Konopka Ott (interference) 3:06, Toronto bench (too many men; served by MacArthur) 17:43.
Third Period
4. Toronto, Schenn 2 (Lupul, Bozak) 5:39
5. Toronto, Franson 4 (Grabovski, MacArthur) 12:17
Penalties — Carkner Ott (roughing) 11:04, Kuba Ott (tripping) 18:03.
Shots

Toronto	16	9	15	40
Ottawa	12	21	16	49

Goal — Toronto: Reimer (W,9-5-4); Ottawa: Anderson (L,25-18-4). **Power plays (goals-chances)** — Toronto: 2-5; Ottawa: 0-3.
Referees — Tom Kowal, Stephen Walkom.
Linesmen — Pierre Champoux, Brian Mach.
Attendance — 20,500 (19,153) at Ottawa.

OILERS 5, RED WINGS 4 (SO)

First Period
1. Edmonton, Gagner 10 (Whitney, Hemsky) 2:42 (pp)
2. Edmonton, Eberle 21 (Gagner) 5:41
3. Detroit, Filppula 16 (Zetterberg) 19:23 (sh)
4. Edmonton, Gagner 11 (Smyth, Whitney) 19:59 (pp)
Penalties — Cleary Det (tripping) 1:19, Potter Edm (double roughing) 8:37, Smid Edm (boarding) 9:56, Holmstrom Det (hooking), Commodore Det (fighting), Eager Edm (fighting) 18:05.
Second Period
No Scoring.
Penalties — Whitney Edm (hooking) 2:34, Commodore Det, Holmstrom Det, Eager Edm (roughing) 9:09.
Third Period
5. Detroit, Bertuzzi 11 (Zetterberg, Franzen) 2:18
6. Detroit, Miller 10 (Helm, Cleary) 5:49
7. Detroit, Bertuzzi 12 (Zetterberg, White) 16:19
8. Edmonton, Eberle 22 (Hemsky, Smyth) 19:21
Penalties — None.
Overtime
No Scoring.
Penalties — None.
Shootout
Edmonton wins 2-1
Detroit (1) — Datsyuk, miss; Hudler, miss; Bertuzzi, goal; Zetterberg, miss; Filppula, miss, Cleary, miss; **Edmonton (2)** — Eberle, miss; Gagner, goal; Hemsky, miss; Hall, miss, Belanger, miss, Nugent-Hopkins, goal.
Shots

Detroit	13	10	15	1—39
Edmonton	9	13	6	4—32

Goal (shots-saves) — Detroit: Conklin (9-6), MacDonald (L,0-0-1) (0:00 second, 23-22); Edmonton: Dubnyk (W,10-11-1). **Power plays (goals-chances)** — Detroit: 0-3; Edmonton: 2-3.
Referees — Marc Joannette, Mike Leggo.
Linesmen — Greg Devorski, Scott Cherrey.
Attendance — 16,839 (16,839) at Edmonton.

GOLF

PGA PHOENIX OPEN

At Scottsdale, Ariz.
Par 71 — Final Round

Kyle Stanley, $1,098,000	69-66-69-65—269
Ben Crane, $658,800	69-67-68-66—270
Spencer Levin, $414,800	65-63-68-75—271
D.J. Trahan, $292,800	72-70-64-66—272
Brendan Steele, $222,650	71-69-69-64—273
Kevin Na, $222,650	66-73-69-65—273
Bubba Watson, $222,650	66-70-67-70—273
Bo Van Pelt, $170,800	65-71-71-67—274
John Rollins, $170,800	70-70-65-69—274
Jason Dufner, $170,800	64-72-68-70—274
Webb Simpson, $170,800	65-69-68-72—274
Trevor Immelman, $128,100	67-70-69-69—275
John Huh, $128,100	68-66-69-72—275
Chris Stroud, $128,100	68-70-66-71—275
Bryce Molder, $100,650	70-69-71-66—276
Keegan Bradley, $100,650	68-70-71-67—276
Rod Pampling, $100,650	67-71-71-67—276
Harris English, $100,650	70-69-68-69—276
Chris Couch, $68,843	70-68-72-67—277
Pat Perez, $68,843	69-73-66-69—277
Martin Flores, $68,843	71-68-68-70—277
Bill Haas, $68,843	69-68-69-71—277
Mark Wilson, $68,843	70-69-74-64—277
Marc Leishman, $68,843	70-68-68-71—277
Greg Chalmers, $68,843	68-69-67-73—277
Jeff Quinney, $43,310	69-71-70-68—278
Rickie Fowler, $43,310	69-69-71-69—278
Derek Lamely, $43,310	66-70-72-70—278
Gary Woodland, $43,310	71-71-70-66—278
Harrison Frazar, $43,310	66-67-73-72—278
Jeff Maggert, $43,310	70-68-68-72—278
Phil Mickelson, $43,310	68-70-67-73—278
Matt Kuchar, $31,546	69-68-72-70—279
Robert Allenby, $31,546	71-69-70-69—279
Carl Pettersson, $31,546	70-69-70-70—279
George McNeill, $31,546	71-70-70-68—279
Heath Slocum, $31,546	73-69-69-68—279
Charles Howell III, $31,546	69-68-71-71—279
Seung-Yul Noh, $31,546	67-72-68-72—279
Also	
Graham DeLaet, $13,725	**71-69-72-71—283**
David Hearn, $12,566	**69-69-73-74—285**

EUROPEAN PGA QATAR MASTERS

At Doha, Qatar
Par 72 — Final Round

Paul Lawrie	69-67-65—201
Jason Day	68-72-65—205
Peter Hanson	69-69-67—205
John Daly	67-73-67—207
Ricardo Gonzalez	71-67-70—208
Jean Gonnet	71-72-65—208
Sergio Garcia	72-68-68—208
Soren Hansen	71-71-66—208
Martin Kaymer	71-70-68—209
Victor Dubuisson	72-68-69—209
Nicolas Colsaerts	69-68-72—209

AUSTRALIAN LADIES MASTERS

At Gold Coast, Australia
Par 72 — Final Round
(a-denotes amateur)

Christel Boeljon	66-65-68-68—267
Diana Luna	71-64-66-67—268
Kim Ha-neul	72-65-64-67—268
Ryu So Yeon	66-61-69-72—268
Gwladys Nocera	69-68-69-64—270
Felicity Johnson	67-68-70-68—273
Lee Bo-mee	65-69-70-69—273
Lindsey Wright	70-71-66-68—275
Danielle Kang	70-71-66-68—275
Nikki Campbell	67-67-70-71—275
Karine Icher	73-70-69-64—276
Caroline Hedwall	72-71-69-64—276
Sophie Gustafson	69-70-70-67—276
Giulia Sergas	70-68-68-70—276
Kang Haeji	73-66-71-67—277
Lexi Thompson	67-70-72-68—277
Kylie Walker	71-71-66-69—277
Frances Bondad	68-72-63-74—277

NFL

SUPER BOWL

Yesterday's result
At Indianapolis
N.Y. Giants 21 New England 17

GIANTS 21, PATRIOTS 17

N.Y. Giants	9	0	6	6	21
New England	0	10	7	0	17

First Quarter
NYG—Team safety, 8:52.
NYG—Cruz 2 pass from Manning (Tynes kick), 3:24.
Second Quarter
NE—FG Gostkowski 29, 13:48.
NE—Woodhead 4 pass from Brady (Gostkowski kick), :08.
Third Quarter
NE—Hernandez 12 pass from Brady (Gostkowski kick), 11:20.
NYG—FG Tynes 38, 6:43.
NYG—FG Tynes 33, :35.
Fourth Quarter
NYG—Bradshaw 6 run (run failed), :57.
A—68,658.

TEAM STATISTICS	**NYG**	**NE**
First downs	26	21
Total Net Yards	396	349
Rushes-yards	28-114	19-83
Passing	282	266
Punt Returns	1-10	0-0
Kickoff Returns	4-75	3-73
Interceptions Ret.	1-0	0-0
Comp-Att-Int	30-40-0	27-41-1
Sacked-Yards Lost	3-14	2-10
Punts	4-40.8	3-41.0
Fumbles-Lost	2-0	0-0
Penalties-Yards	4-24	5-28
Time of Possession	37:05	22:55

INDIVIDUAL STATISTICS
RUSHING—N.Y. Giants, Bradshaw 17-72, Jacobs 9-37, Ware 1-6, Manning 1-(minus 1). New England, Green-Ellis 10-44, Welker 2-21, Woodhead 7-18.
PASSING—N.Y. Giants, Manning 30-40-0-296. New England, Brady 27-41-1-276.
RECEIVING—N.Y. Giants, Nicks 10-109, Manningham 5-73, Pascoe 4-33, Cruz 4-25, Bradshaw 2-19, Hynoski 2-19, Ballard 2-10, Ware 1-8. New England, Hernandez 8-67, Welker 7-60, Woodhead 4-42, Branch 3-45, Gronkowski 2-26, Green-Ellis 2-15, Ochocinco 1-21.
MISSED FIELD GOALS—None.

SOCCER

AFRICAN CUP OF NATIONS

QUARTER-FINALS

Yesterday's results
At Libreville, Gabon
Mali 1 Gabon 1
(Mali advances 5-4 on penalty kicks)
At Franceville, Gabon
Ghana 2 Tunisia 1 (extra time)

ENGLAND

PREMIER LEAGUE

Yesterday's results
Chelsea 3 Manchester United 3
Newcastle 2 Aston Villa 1

ITALY

SERIE A

Yesterday's results
AC Milan 0 Napoli 0
Chievo Verona 1 Parma 2
Fiorentina 3 Udinese 2
Genoa 3 Lazio 2
Juventus 0 Siena 0
Lecce 0 Bologna 0
Novara 0 Cagliari 0
Palermo 2 Atalanta 1
Roma 4 Inter Milan 0

SCOTLAND

SCOTTISH CUP

FIFTH ROUND
Yesterday's results
Hearts 1 St. Johnstone 1
Rangers 0 Dundee United 2

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	20	6	.769	—
d-Miami	18	6	.750	1
d-Philadelphia	17	7	.708	2
Indiana	16	7	.696	2½
Atlanta	16	8	.667	3
Orlando	15	9	.625	4
Boston	13	10	.565	5½
Milwaukee	10	13	.435	8½
Cleveland	9	13	.409	9
New York	9	15	.375	10
New Jersey	8	17	.320	11½
Toronto	8	17	.320	11½
Detroit	6	20	.231	14
Washington	4	20	.167	15
Charlotte	3	21	.125	16

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	18	5	.783	—
d-L.A. Clippers	14	7	.667	3
d-San Antonio	16	9	.640	3
Denver	15	9	.625	3½
Utah	13	9	.591	4½
Portland	14	10	.583	4½
L.A. Lakers	14	10	.583	4½
Dallas	14	11	.560	5
Houston	13	11	.542	5½
Memphis	12	12	.500	6½
Minnesota	12	12	.500	6½
Phoenix	9	14	.391	9
Golden State	8	13	.381	9
Sacramento	8	15	.348	10
New Orleans	4	20	.167	14½

d — division leaders ranked in top four positions regardless of record.

Yesterday's results
Boston 98 Memphis 80
Miami 95 Toronto 89
Saturday's results
Philadelphia 98 Atlanta 87
Orlando 85 Indiana 81
L.A. Clippers 107 Washington 81
Cleveland 91 Dallas 88
Detroit 89 New Orleans 87
New York 99 New Jersey 92
Minnesota 100 Houston 91
San Antonio 107 Oklahoma City 96
Chicago 113 Milwaukee 90
Phoenix 95 Charlotte 89
Utah 96 L.A. Lakers 87
Sacramento 114 Golden State 106 (OT)
Portland 117 Denver 97
Tonight's games
All Times Eastern
L.A. Clippers at Orlando, 7 p.m.
Toronto at Washington, 7 p.m.
L.A. Lakers at Philadelphia, 7 p.m.
Phoenix at Atlanta, 7:30 p.m.
Chicago at New Jersey, 7:30 p.m.
Utah at New York, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
San Antonio at Memphis, 8 p.m.
Houston at Denver, 9 p.m.
Oklahoma City at Portland, 10 p.m.

TENNIS

ATP OPEN SUD DE FRANCE

At Montpellier, France
Singles — Championship
Tomas Berdych (1), Czech Republic, def. Gael Monfils (3), France, 6-2, 4-6, 6-3.

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia
Singles — Championship
Mikhail Youzhny (3), Russia, def. Lukas Lacko, Slovakia, 6-2, 6-3.

ATP VTR OPEN

At Vina Del Mar, Chile
Singles — Championship
Juan Monaco (1), Argentina, def. Carlos Berlocq (7), Argentina, 6-3, 6-7 (1), 6-1.

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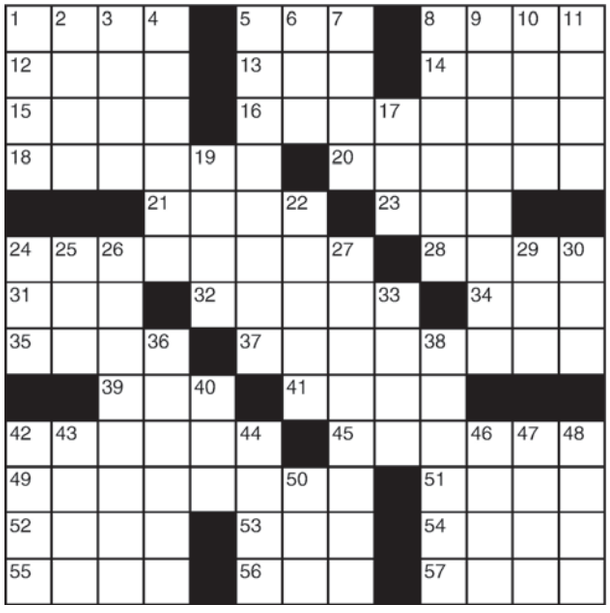
Crossword



Across
1 Player of old 45s
5 Small barrel
8 Rotate
12 Thing
13 Romano or Liotta
14 Choir voice
15 Wound cover
16 Incoming flights
18 Horror movie reaction
20 With uniformity
21 Boast
23 Big laugh
24 In handcuffs, maybe
28 Tower city of Italy
31 Debt letters
32 Gin and —
34 Convent person
35 Give temporarily
37 Set up
39 Neighbour of Kan.
41 Architect Saarinen
42 Short coat
45 OPEC, for one
49 Over-bearingly proud
51 Bamako's land
52 Warm and cozy
53 Hair salon application
54 "Woe is me!"
55 Enlivens, with "up"
56 Pigpen
57 Period after Mardi Gras

Down
1 Greet the villain
2 Need to scratch
3 "— Factor"
4 Drink to excess
5 Indo-nesian volcano
6 Listening organ
7 Move in a spiral
8 Prepare for a big purchase
9 Recent fad
10 "— have to do"
11 Inquisitive
17 Wall climber
19 Formerly, formerly
22 Literary category
24 Have a bug
25 Fish eggs
26 Second-place contestant
27 Without detouring
29 Take to court
30 Moreover
33 Irene of "Fame"
36 Clears the windshield, in a way
38 Standard
40 Plead
42 Grate
43 Sea eagle
44 Tatters
46 Story
47 Verve
48 Roster
50 Butterfly catcher

▶ Friday's answer

A	T	M		S	W	A	B		J	U	T	E
C	R	Y		H	E	R	A		U	S	E	R
H	E	R	C	U	L	E	S		R	O	A	R
Y	E	A	R	N	S		E	G	O			
			E	T	H		H	E	R	S	E	Y
G	A	S	P	S		J	I	M		C	U	E
A	L	O	E		F	A	T		C	A	R	L
S	E	A		D	I	M		C	A	R	O	L
H	E	R	M	E	S		A	L	P			
			A	B	C		P	U	R	I	S	T
F	I	Z	Z		H	E	R	M	I	O	N	E
E	R	I	E		E	R	I	S		T	A	X
B	E	G	S		R	E	L	Y		A	P	T

Sudoku

2			8					
1	3			6				
		8				9	6	
	7		4		3			5
4			2		7			8
5			9		6		2	
	8	5				7		
				9			3	2
					4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	4	8	6	2	7	5	3	1
3	5	7	1	9	8	6	2	4
2	1	6	3	5	4	7	9	8
6	9	1	2	7	3	8	4	5
7	2	4	8	6	5	3	1	9
5	8	3	9	4	1	2	6	7
8	7	9	4	3	6	1	5	2
4	3	5	7	1	2	9	8	6
1	6	2	5	8	9	4	7	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Sorry for everything I tried million times to say sorry,i just can't help my imagnations. I dreamed come over to you again and again. Very sorry for myself and for your for everything i did so stupid. I mixed up the person and the things always. sorry and i swear never bother you intent to call you text you anymore ok.
FROM I SHOULD KNOW

suga is this more than you bargined for yet.....isnt it messed how im just dying to meet him. Drop a heart,, break a name.
FROM SOUR

ZANDAN love is kind ,, started of this year and i didnt think i be falling for you now,,,<3<3
FROM LORI

A look at the weather

MONDAY	TUESDAY	WEDNESDAY
Min -6°	Min -9°	Min -6°
Max -2°	Max -1°	Max -2°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Someone you usually get along with will be a bit of a pain today, and maybe tomorrow too.

♉ Taurus April 21-May 21
If you reach for something too quickly today you may find that it slips from your grasp.

♊ Gemini May 22-June 21
You may have to sacrifice your own needs today as a partner or loved one demands that you spend more time with them.

♋ Cancer June 22-July 22 You may find that family and friends are no longer as supportive as they once were but it's no big deal so don't get excited.

♌ Leo July 23-Aug.23
It may seem as if certain people have got it in for you but have they really or is it your mind playing tricks on you?

♍ Virgo Aug. 24- Sept. 22
It's hard not to be suspicious, especially when all the evidence suggests that a colleague is trying to get ahead at your expense.

♎ Libra Sept. 23-Oct. 23
If you want someone to follow your instructions today you will have to use charm rather than coercion.

♏ Scorpio Oct. 24-Nov. 22
Take care that in trying to find a solution to one problem you don't create more problems.

♐ Sagittarius Nov. 23-Dec. 21 You are in a generous mood and will do almost anything for almost anyone who needs your help.

♑ Capricorn Dec. 22-Jan. 20
The full moon will pull you in different directions over the next 48 hours.

♒ Aquarius Jan. 21-Feb. 18
You will be somewhat impulsive today and tomorrow, especially where affairs of the heart are concerned.

♓ Pisces Feb. 19-March 20
Someone in authority will flex their muscles today.

SALLY BROMPTON

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

"Hey Coach how much longer? My legs are numb....Coach?.... Hey Coach?"
Rachelle

UZAY HACAOGLU/THE ASSOCIATED PRESS

You write it!

WIN!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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